



# Chain Chatter

Johnson County Bicycle Club • [www.jcbikeclub.org](http://www.jcbikeclub.org)

July 2004

## Support Your Local Bike Shop

**Bicycle Shack (15%)**  
10415 Blue Ridge Blvd.  
KC, MO, 816-761-3233

**Bike America (10%)**  
9514 Nall Ave, OP, KS  
2053 E. Santa Fe, Olathe, KS  
32 SE. 3<sup>rd</sup> Street, Lee's Smt,

**Bike Source (10%)**  
11912 W. 119<sup>th</sup> Street, OP KS  
913-451-1515

**Biscari Brothers Bicycles (10%)** 5116 Independence Ave,  
KC MO - 816-231-1331  
884 S. 291 Hwy, Liberty, MO

**Leawood Bicycles (10%)**  
12311 State Line Rd. KC MO  
816.942.4442

**River Market Cyclery (10%)**  
315 E. 3<sup>rd</sup> St, KC MO  
816-842-BIKE

**Santa Fe Trails Bicycles (10%)** 419 Delaware, Leavenworth, KS 913-682-2444

**The Wheel Cyclery (10%)**  
5126 Northeast Antioch, KC,  
MO 816-455-2453

**Trek Bicycle Store (10%)**  
14012 Shawnee Mission Pkwy  
Shawnee, KS 913-631-6800

**Turner's Cycling & Fitness (10%)** 8909 Santa Fe Drive,  
OP, KS 913-381-5298

**Wheeler's (10%)**  
8345 Wornall Rd, KC MO  
816-363-2443

Remember to present your JCBC membership card to participating bike shops.



## Prez's Pen by Wayne Tuohig

You will have a unique opportunity this month to compress a century of cycling history into a three week period beginning the National Wheelmen's Convention meets in Baldwin City on July 14<sup>th</sup> through the 17<sup>th</sup>. The convention, hosted by Baker University, will include a variety of events, including a parade through Lawrence on Saturday morning. Details are in last month's Chainchatter or on the web at [www.brekus.org/kansas](http://www.brekus.org/kansas). There will be a century ride over some of the same roads that we will be using for the Baldwin Blast just three weeks later. I can barely imagine what it must have been like to pedal a solid rubber tire, direct-drive, high-wheel ordinary over dirt trails for amazing distances, wearing a wool uniform in July. Or, how about across the entire continent over mostly no roads at all? Wimps need not apply! Yeah, but could they have handled today's high speed vehicle traffic? Absence of traffic might be about the only bright spot for the early cyclists. Anyway, it's something for you to contemplate on August 8<sup>th</sup>, as you drain your Camelback while cranking out a grade on your titanium/carbon fiber, multigear machine, dressed in your stylish Cool Max jersey. I hope I'll see you in the region's new mecca for cycling: Baldwin City, Kansas. In the meantime, stay safe out there.

## Baron BMW to give away a Bike at the Blast



Taking to the trails just got easier with the optional interior bike rack integrated into the all-new BMW X3 Sports Activity Vehicle.

Designed to fit the spacious variable load cargo area in BMW's newest SAV, the innovative bicycle carrier system complements the ready-for-anything spirit of the BMW X3 driver. The system is able to transport up to two mountain or road bikes while protecting them from the elements or possible theft and also eliminates problems associated with low overhead clearance.

Baron BMW of Kansas City will be demonstrating the new BMW X3 at the Baker University Super SAG during the Baldwin City Blast.



Baron will also be giving away a BMW Mountain Bike valued at over \$900.00.

**All Blast riders will receive a chance to win!!!**

### JCBC Board Meeting Dates:

The 2004 JCBC Board Meetings will be held the 2nd Wednesday of each month at Community America Credit Union, 5601 95th St. OP, KS. Members are welcome to attend.

- July 14th
- August 11th
- September 8th
- October 13th

## 2004 JCBC Officers & Board of Directors

President	Wayne Tuohig	913.814.7049	President@JCBikeClub.org
Vice President	Mark Scrivner	913.226.6033	VicePresident@JCBikeClub.org
Treasurer	Paul Mitchell	913-897-5607	Treasurer@JCBikeClub.org
Secretary	Sharon Yandon	913.385.1987	Secretary@JCBikeClub.org
Touring Director	Maggi Hacker	913.498.3689	Tourdir@JCBikeClub.org
Membership	Connie Conner	913-393-2882	Membership@jcbikeclub.org
Advocacy	Dale Crawford	913.829.6588	Advocacy@JCBikeClub.org
Board Member	Steve Billeter	816-584-0439	SteveBilleter@yahoo.com
Board Member	<open>		
Webmaster	Susan Assel		Webmaster@JCBikeClub.org
Newsletter	Ben Wilson	913.722.2701	Chainchatter@JCBikeClub.org

To insure that you receive your newsletter, please notify us of any address change by sending an email to [Membership@jcbikeclub.org](mailto:Membership@jcbikeclub.org) or in writing to:  
**JCBC, P.O. Box 2203, Shawnee Mission, KS, 66201-2203.**

Newsletter contributions are welcome and may be sent to [chainchatter@jcbikeclub.org](mailto:chainchatter@jcbikeclub.org).  
 Newsletter Deadline is the 15th of each month.

## 2004 JCBC Family Rides

A very successful first Family ride was held on Monday, June 7<sup>th</sup>. About 25 riders attended the event as the group rode an 8 mile loop on the Indian Creek Trail. After the ride, refreshments and a social were held at Bike Source. The winner of the grab bag door prize was Addie Northrop. Mini Clinics included topics on proper helmet fit, bicycle fit, and preparing a bike for a ride. Future family rides (minus the social) will be posted on [www.jcbikeclub.org](http://www.jcbikeclub.org). Thank you to everyone who participated in this ride as attendance exceeded expectations. Also, thanks to Bike Source for hosting the social and to Reece Nichols for the use of their parking lot.

### Next Family ride July 12th!

Ride date is Monday July 12th at 7:00 PM. Our new family ride format is like any traditional JCBC ride but designed for younger kids and family fun! Sorry, no social this time, just a ride. We will meet at the Indian Creek Rec Center located at 10308 Marty in Overland Park, just west of 103rd and Metcalf. Come join us for a ride on the Indian Creek Bike and Hike Trail. Kids and Bicycle Trailers welcome. Helmets are required.

Contact Steve Billeter 816-584-0439 or [stevebilleter@yahoo.com](mailto:stevebilleter@yahoo.com) with questions.

## OPERATION BIKE FEED 2004 – (Health Walk & Ride)

**Event:** Bike ride and health walk benefiting the Community Outreach Food Pantry of Kansas City; Helping to continue to feed greater Kansas City.

This is the second annual (and first inner city) bike tour through some of Kansas City, MO's most scenic and historic neighborhoods. This year, in response to the great demand and interest in low impact exercise and healthy living habits, a relaxing, fun one mile "Health Walk" has been added in conjunction with this year's

bike tour.

There are two bike ride options:

- 2-mile light Pedal (Beginner)
- 15 mile (Medium to advance)

Both routes will begin and end at the Benard Powell Memorial fountain Plaza (28th Brooklyn Ave. KCMO.)

**When:** Saturday, July 17th, 2004

Bike ride start: 8:30am

Walk start: 10:00am

**Registration** is \$10 per biker (\$5 walker participant) All registration fees include SAG service, a map of the

ride and refreshments.

Volunteers are still needed and welcomed to help in this fun and motivational event: Route Marshalls, Event Set Up/Clean Up Managers, etc.

**For more info or to register:**

Brother John, (816)931-0216/ email: [rajpabrojohn@yahoo.com](mailto:rajpabrojohn@yahoo.com) or

Kathleen Davis, (816) 333-1884 email: [kathleenkc@aol.com](mailto:kathleenkc@aol.com)

THEY NEED YOU!  
 THEY VALUE YOU!

# JULY RIDE CALENDAR

## WELCOME RIDES

\*These rides have a leader and all riders stay together.

**Trek Store Ride, Mondays, 6:30pm, (L, S, M)** - the Slimenundgrossen news team (Mark Thomas) will be leading a new Monday night ride from Trek Bicycles of Kansas City on Shawnee Mission Pkwy....6:30 PM start, everyone is invited... This is an EZ, explorative ride, no fixed routes (we'll choose a theme and direction weekly)...no racing, no losing people...road bikes appropriate...expect to do something different ...if you are a racer and want a real recovery on Mondays this would be dandy...

**Ken's Monday Night Ride. 6:00pm (S, M)** We will meet in Heritage Park near the Marina (just south of 159th and Pflumm) for a 20 mile bike ride through quiet backroads of South Johnson County. The route is fairly flat and inexperienced cyclists are welcome -- we will make sure you get home. 1) We gather at 6:00pm just North of the Marina (Pflumm road entrance to Heritage Park). There are restrooms there in case you need to change before the ride. 2) We leave at 6:30pm sharp. 3) We will ride to Springhill, stop at the Caseys for a short break, and then return to Heritage Park. Typically we will arrive back at the park by 8:30ish.

**Discover Vision Center Welcome Ride, Wednesdays, 6:30pm (L, S, M)** - Join Bill Crawford(816-350-6943) for this leisurely 10-17 mile Welcome Ride - revised route to avoid Nall Sprint traffic - (leader stays with the slowest rider), and stay afterwards for fine dining and conversation at the Hen House Food Court. Meet Bill in the parking lot in front of Discover Vision Centers at the southeast corner of 117th & Roe.

**Brookside Weekly Ride, Thursdays, 6:30pm., (S, M)** Park in the north parking lot at 63rd and Brookside behind Breadsmith, moderate pace: should be able to ride at least 8-10 mph, several routes 14-18 miles.

**JCBC Family Ride, July 12th @ 7:00pm.** Meet at the Indian Creek Rec Center located at 10308 Marty in Overland Park, just west of 103rd and Metcalf. Children and kids trailers welcome. Details in article at the left.

**Sharon's Saunter, July 18, 9:00am, (L, S, M)** -This ride goes if the roads are relatively dry and it's not precipitating as long as wind chill is not less than 40. It follows Bill's Burrito Blast route at a slower pace. The leader keeps track of the slowest rider. Meet at Johnson County Courthouse (Kansas Ave & Santa Fe). Ride to Gardner for brunch and back, for approx 23 miles with option for 29 miles.

**Sunday Raytown Fun Ride, Every Sunday, 3:00-4:00pm, (L, S, M)** Meet at Raytown Square parking lot, 350 HWY and Gregory in Raytown, near Schlotzky's Deli. We ride every Sunday unless there is pouring rain. Plan about 90 minutes for the ride. For more info, contact Brent Hugh 816-356-1740, bhugh@mWSC.edu (10-12 mph average.)

## MONTHLY JCBC RIDES

**ANDY'S WESTON RIDE, July 10, 8:00am, (M, F)** Join Andy G for 57 miles of big hills, long flats, and brunch at the Weston Cafe. Meet at Wyandotte County Lake Park ranger station (just north of 91st and Leavenworth Rd.) 913-962-4730

**BILL'S BURRITO BLAST, July 18, 9:00am, (M, F)** - Bill Marsh leads the Blast. Meet at the Johnson County Community College tennis courts for 38 miles. This ride will go to Gardner for lunch and then return. The ride joins Sharon's Saunter at the Johnson County Courthouse. Connie Connor will lead this ride. 913-393-2882 The ride goes as long as there is at least one rider to ride with the leader.

**KILL CREEK RIDE, July 25 and Aug 1, 8:00am, (M, F).** Join Mark Scrivner and Darius Riley for a great ride in the country. The ride starts from Kill Creek Park: K10 W to Kill Creek Road, South to 115th, W approx 1 mile to Homestead, S 1/4 mile to Park Entrance. (first parking lot on right.) Ride is on low traffic roads in Western and Southern Johnson County and Eastern Douglas. You will experience mainly flat to rolling terrain. This is an easy ride. Visit Gardner, Edgerton, Eudora and DeSoto. Maps Provided. There are plenty of self sag opportunities. Ride pace 15-18 MPH (M-F). Check out this great Park while out here.16, 33, 50 MILE OPTIONS Darius - driley@kc.rr.com 913-422-3448.

**Helmets required on all rides.**

# JULY RIDE CALENDAR

## OTHER UPCOMING REGIONAL RIDES

**FIRECRACKER 100, Saturday, July 3, Mass Start 7:00am** The Ottawa Jaycees is sponsoring the 6th annual Firecracker 100 bike ride. Proceeds from this ride go to the Kansas Jaycees Cerebral Ranch--A camp for children and adults with mental and physical disabilities. Time: Registration--6:30 am Place: Forest Park Ottawa, KS Fee: \$20 before June 20<sup>th</sup>

**LIZARD UNDER THE SKILLET, Sunday, July 11, 6:30- 8:30am.** Contact: Randy Breedan or call 785-979-8863. Visit the website at: [Lawrence Bicycle Club, http://www.lawrencebicycleclub.org](http://www.lawrencebicycleclub.org) There will be 27, 36, and 62 mile (metric century) options available to ride. Ride begins 6:30- 8:30 AM at Broken Arrow Park, 31<sup>st</sup> and Louisiana, Lawrence, Ks. This is a Kansas Survival Series Ride.

**OPERATION BIKE FEED 2004, Saturday, July 17<sup>th</sup>,** Bike start: 8:30am, Bike ride and health walk benefiting the Community Outreach Food Pantry of Kansas City. See article on Page 2 for more details.

**THE GREAT ESCAPE Bike Ride and Dam Climb, Sunday, July 18.** 25, 50 or 100 mile options leaving from the El Dorado Correctional Facility. Lunch included on the 50 & 100 mile options. A fundraiser for the El Dorado Correctional Facility Spiritual Life Center.

**NORTHLAND DELIGHT BICYCLE TOUR, Sunday, July 25,** From Bennett Park in Liberty through the challenging route with delightful hills. Contact Tim Osburn, blues4u@sound.net, 816-283-0727. <http://kcbc.org/>

**BALDWIN CITY BLAST, Sunday, August 8th.** JCBC sponsored ride beginning and ending at Baker University home of the SUPER SAG, hosted this year by the infamous Prairie Village Yacht Club. Come be apart of this fantastic event for distances of 35, 70 or the full hot 100 miles. \$5.00 of the registration will be donated to the Variety Club of Kansas City. For full details and On-line registration, visit BaldwinBlast.org or Active.com/active and search for Baldwin blast.

**Summer Breeze Century, Sunday, August 22.** Great southern routes on quiet country roads to get you in shape for your MS150 rides! Contact Carol Hatcher, chatcher@kc.rr.com, 913-788-9317. <http://kcbc.org/ride/summerbreeze.cfm>

**TRAINING for the MS150 ??** Check out this schedule: [http://www.nationalmssociety.org/KSG/more\\_content/trschedule.pdf](http://www.nationalmssociety.org/KSG/more_content/trschedule.pdf)

## WEEKLY SHOW N' GO'S - TOO MANY FOR DETAILS

**CHK OUT THE RIDE CALENDAR AT: [HTTP://WWW.CALSPLUS.COM/JCBRIDES](http://www.calsplus.com/jcbrides)**

- Big Bubba's Ride, Mondays, 6:30pm (L, M, F)
- Jerry's Bait Shop Ride, Mondays, 6:30pm , (M, F, VF)
- Trek Store Ride, Mondays, 6:30pm (S, M)
- Tuesday Show and Go, 7:00am (M)
- 75th Street Brewery Ride, Tuesdays, 6:30pm ( M, F, VF).
- Taco Tues @ Pat Murphy's 5:30 p.m. (Mountain Biking with the Earth Riders)
- Chelly's Ride, Wednesdays, 6:30pm . (M, F, VF)
- Heritage Park Ride, Wednesdays, 6:30pm . (M, F)
- Blue Moose Ride, Thursdays, 6:30pm (M, F, VF).
- Salty Iguana Ride, Thursdays, 6:30pm (L, M, F)
- Panzon's Ride, Thursdays, 6:30pm (M, F, VF)
- Friday Show and Go, 7:00am (L, M)
- Saturdays, Prairie Village Hen House Ride, 7:00am (M. F)
- Sundays, Prairie Village Hen House Ride, 7:00am (M. F)

*These rides are not sponsored, organized, or insured by the JCBC*

**Helmets required on all rides.**

# We Support Your Sport!

As Kansas City's leading bike store, we feel it's our responsibility to support cycling. After all, clubs, rides, races and teams are the backbone of our sport on a local level. It's one thing to say you support cycling, it's another thing to do it. We believe our actions speak for themselves!

## We Support Clubs and Organizations!

- Dirt Slave
- Tri KC
- Johnson County Bicycle Club
- Kansas City Bicycle Club
- Leavenworth Bicycle Club
- St Joseph Bicycle Club
- Midwest Mountain Bike Patrol
- Jackson County Parks and Recreation
- ERTA
- Earth Riders
- Prairie Village Yacht Club
- Olathe Running Club
- KC Multisport
- BikeSource Trail Care Crew

## We Support Races and Rides!

- Heartland Mountain Bike Championship Series
- American Diabetes Ride
- Mountain Bike Madness Weekend w/JCP&R
- BikeSource/Heritage Park Triathlon
- Rapture in Misery
- Baptist Triathlon
- Shawnee Mission Triathlon
- Midwest Meltdown Triathlon
- Kansas City Corporate Challenge
- MS150

## We Support Cycling!

- We support over 20 organized rides throughout the year.
- We work and support nearly 10 Boy Scout bike rodeos every year.
- We are a member of IMBA. (We believe all bike stores should be members.)

## We Support Teams!

- Heartland Road Racing Club
- BikeSource/New Belgium Brewing Mountain Bike Team
- BikeSource Multisport Team



**BIKE SOURCE**

**OVERLAND PARK:** 11912 W. 119th St.,  
Overland Park, KS 66213 **(913) 451-1515**  
Hours: Mon. – Fri. 10-8 • Sat. 10-6 • Sun. 12-4  
[www.bikesourceonline.com](http://www.bikesourceonline.com)

## We Want to Be Your Source for Everything Cycling!

- Wide selection of parts and accessories in stock.
- Clothing for all seasons. (Men and Women)
- Quality brands.
- Expert repair service. (Next-day in most cases.)



## News Briefs:

The Kansas **Lewis and Clark** bicentennial commemoration begins June 26 at Kaw Point in Kansas City, KS, and continues upriver to Leavenworth and Atchison over the 4th of July weekend before ending July 12 in White Cloud, Kansas, along the Kansas-Nebraska border.

Will "He" be the first to obtain 6 victories?? The 91st **Tour de France** begins July 3rd with live broadcast each day on OLN. Don't have cable... Stop by a bike shop and watch a stage.

The City of Lenexa and the Lenexa Optimist Club host their annual **Midnight Bike Ride** on July 10<sup>th</sup>, 2004. Details: <http://www.ci.lenexa.ks.us/parks/midnightbikeride.html>

**The 23rd Race Across America starts on July 20** for solo riders and July 21 for teams. The 2,958-mile (4,792-km) course stretches from the oceanfront in San Diego, CA, to the boardwalk in Atlantic City, NJ. The solo men's field is headed by Austria's **Wolfgang Fasching**, 36, bidding to become RAAM's first 4-time winner. A record 97 cyclists are competing in the various divisions, including the most-

ever women, 15. Riders range in age from 22 to 72 and represent 10 countries. For full details and to follow the riders' progress, visit: [www.raceacrossamerica.org/](http://www.raceacrossamerica.org/).

The KCBC will host their annual **Northland Delight** on July 25th. Details can be found at [kcbc.org](http://kcbc.org).

**Bikes & Trikes for Tykes** will be accepting donations of used bikes at the Baldwin City Blast, Aug 8<sup>th</sup>. This is a 100% volunteer organization that receives donations of bicycles, repair and clean them, and give them to youth in the Kansas City area through any charitable organization.

The 2004 **MS150** will be held Sept. 11 and 12. Jack Miller Subaru will be the 2004 title sponsor. Details and registration are available at [nmsskc.org](http://nmsskc.org).

The 2nd Annual **Sunflowers To Roses** Festival of Bikes will kick off Sept. 17th - 19th, 2004. The funds raised will benefit the Lance Armstrong Foundation & support local Kansas City Cancer Research. Several rides will be available for all types of riders, ranging from 25 to 100 miles. [www.sunflowerstoroses.org](http://www.sunflowerstoroses.org)

The new **2004 Johnson County Trail Map** is now available online or in print. Visit [www.jcprd.com/parks\\_facilities/trailguide.cfm](http://www.jcprd.com/parks_facilities/trailguide.cfm).

The JCBC will join the **Thunderhead Alliance** to help broaden our advocacy role in Kansas City. The Thunderhead Alliance is the national coalition of state and local bicycle advocacy organizations working in unison to break down the barriers to safe bicycling in American communities.

The 2nd version of the proposed Missouri **Cross-State Bicycle Map** has been posted at [MoBikeFed.org/map](http://MoBikeFed.org/map) for consideration and feedback.

Old Town Cyclery is now the Acme Bicycle Company, located at 412 east 18th Street, Kansas City Missouri, [www.acmebicyclecompany.com](http://www.acmebicyclecompany.com). Stop and see Sarah's new digs.

JCBC member Darius A. Riley has accepted a position as our JCBC representative on the Bicycle/Pedestrian Advisory Committee (a sub committee of the MARC Transportation Committee).

## How to Find Time for Cycling, *By Fred Matheny of www.RoadBikeRider.com*

We shouldn't feel excessive admiration for pro racers who log 600-mile weeks. They have plenty of time to ride and recover—that's their job. The real heroes are people like you, who find time to ride while still having a life away from the bike.

Full-time work, family commitments and cycling can be efficiently interwoven into your busy day. All it takes to schedule everything into 24 hours is maximum use of time-budgeting techniques.

Here's where to look for time slots that can accommodate your love for riding:

### Commuting

Riding your bike to work or school and back may be the best way to create time cycling time.

When you commute by bike, time nor-

mally spent sitting in a car is used productively as part of the training day. An eight-mile ride to work or school takes about 30 minutes each way. Even if you do no other riding, that's still an hour of cycling each weekday. The trip home can be lengthened as much as time, daylight and energy allow.

Another benefit is arriving at your job refreshed and alert. It may be tough to get up earlier for the ride in, but the physical and mental lift of exercise will carry you through that 10 a.m. letdown that your sedentary colleagues experience. Then you ride home, clearing cobwebs and blowing away job-related frustrations. You're refreshed and ready for evening responsibilities or family fun.

### Commuting Logistics

**Use a small backpack** to carry clothes,

lunch and papers. A waist strap helps eliminate swaying and bouncing as you ride.

**Keep a pair of shoes at work** so you don't have their weight and sharp edges in the pack. Take the week's clothes to work on Monday morning and shuttle them home Friday afternoon, or whatever arrangement fits your situation.

**Clean up in the restroom** with a lightly soaped washcloth. Meanwhile, get coworkers interested in commuting and lobby your boss to install a shower.

**Dress in your office** if it has a door. If not, use the restroom or a storage room.

**Play on the way home.** Scout out a longer route and ride for an hour or more as time and commitments allow.

Continued on next page

# Make Plans for the Blast

Join 500 or so of your closest cycling friends for the JCBC's presentation of the **Baldwin City Blast!** Serving as your crew will be the Prairie Village Yacht Club. Set Sail on one of three cruises making your destination a choice of 35, 75, or 100 miles. Each Voyage will represent one of the Grand Tours of Cycling: Tour de France, Giro d'Italia, or Vuelta A Espana. Discover ports of call, (SAG stops) on every loop with breakfast, snacks and drinks

available. After your passage, "US Customs" at the SUPER SAG will provide music, lunch, and drinks with lots of door prizes and several raffle drawings. Colorful T-shirts and tank tops are available for sale designed with the Baldwin City Blast Logo.

Visit: [www.BaldwinBlast.org](http://www.BaldwinBlast.org)

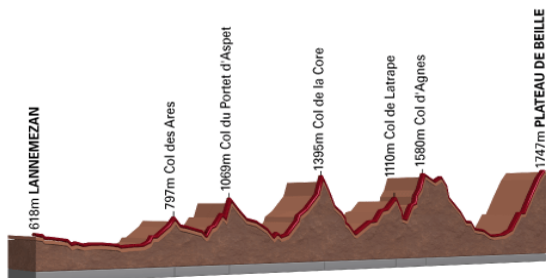
Register on-line at:  
[Active.com/active](http://Active.com/active).  
 Event = Baldwin Blast



## 2004 Tour de France Snapshot – Stage 13, July 17<sup>th</sup>, 2004 - 217 km

### Lannemezan to Plateau de Beille.

Stage 13 finishes at the summit of the Plateau de Beille. This is possibly the race's toughest day, with five mountain passes and 129 kilometers (77 miles) of climbing. The entire stage is 217 kilometers (130 miles) in length.



Lannemezan – Plateau de Beille - Saturday, July 17 - Distance: 217 km		
Km 49,5	Col des Ares	Ascent of 9 km at a 3,8% gradient
Km 71	Col de Portet d'Asp	Ascent of 10 km at a 5,4% gradient
Km 107,5	Col de la Core	Ascent of 14,5 km at a 5,8% gradient
Km 139	Col de Latrape	Ascent of 18 km at a 3,3% gradient
Km 153,5	Col d'Agnes	Ascent of 9,5 km at a 8,4% gradient
Km 217	Plateau de Beille	Ascent of 18,5 km at a 6,4% gradient

Another stage to watch comes on Wednesday, July 21st when the riders start at the bottom of Alpe d'Huez and pedal to the top as fast as they can. This climb ascends over 900 meters in only 13 km, ratcheting up 21 switchbacks at a grade that averages 8.5 percent.

The late Marco Pantani, winner of the 1998 Tour, holds the record for climbing Alpe d'Huez in just 37:35 minutes. The average recreational cyclist might do this in two hours.

Do intervals, time trials, or hit the hills hard to get a great workout while you're homeward bound.

If commuting simply won't work for you, here are two popular options:

#### Early Bird Special

Consider an early-morning workout. By the middle of March it's usually light enough to get in a ride before work. At dawn there are few cars on the road and the day is brightening every minute.

Getting up in the pre-dawn hour may be the ultimate test of whether you really want to ride. Roll out of bed the minute

the alarm rings and don't think about anything. The longer you lie there moaning about how early it is, the harder it is to extricate yourself from the sheets.

Sleep loss is the biggest risk. Make up the deficit with an earlier bedtime because it's vital to get enough rest. Lack of sleep can lead to deep fatigue and poor performance in everything you do.

#### Evening Rides

If your schedule prohibits riding most of the day, try from 9 to 10 or 10:30 p.m. For most people, the kids are in bed, the chores around the house complete, and

you're probably wasting time watching TV.

To make this work, eat a moderate dinner at 6 or 7 p.m., allowing the food to digest by riding time. As an additional benefit this provides motivation not to overeat.

Riding in the dark used to be dangerous because lights were poor. You couldn't see road hazards clearly, and motorists couldn't see you. Modern lighting systems make night riding safer, but it's still smart to use lighted parks or suburban streets if they're available.



P.O. Box 2203  
Shawnee Mission KS 66201-2203

PRSR STD  
U.S. Postage  
Paid  
Shawnee Mission, KS  
66202  
Permit No. 194

BaldwinBlast.org  
Don't Miss the Fun  
August 8th, 2004  
**We're on the Web at  
www.jcbikeclub.org**

**JOHNSON COUNTY BIKE CLUB MEMBERSHIP APPLICATION FOR 2004**

All JCBC memberships expire annually on March 31st.

Name(s): \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City, St, ZIP: \_\_\_\_\_

If this is a household membership, please list other members at this address.

Name(s): \_\_\_\_\_ Age: \_\_\_\_\_

Name(s): \_\_\_\_\_ Age: \_\_\_\_\_

Telephone (H) \_\_\_\_\_ (W) \_\_\_\_\_ E-Mail: \_\_\_\_\_

New Member       Renewal       Address Change Notification

I would like to volunteer once this year to assist with a ride or other activity

**Please do not publish my name in the annual club member directory.**

I, the undersigned (a parent for members under 18), accept that cycling is a hazardous activity and I accept all risks associated with participation in the Johnson County Bicycle Club and its events and activities. I agree that in the event of a mishap during a ride or activity, I will not hold the JCBC, its members or officers responsible for any injury, loss or inconvenience.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Make \$20 check payable to JCBC and send this form to:  
**JCBC, PO Box 2203, Shawnee Mission, KS 66201**